

Can't Forget Jack's Birthday Banana Muffins

INGREDIENTS

Butter-flavored cooking spray
½ cup unbleached flour
½ cup whole grain oat flour
½ teaspoon baking soda
½ teaspoon salt
¼ teaspoon baking powder
½ cup mashed very ripe banana
½ cup brown sugar (unpacked)
1 large egg white
1/3 cup fat-free vanilla or banana yogurt
(not Greek yogurt)
2¼ cups Devinly Whipped Topping
(Recipe follows)



INSTRUCTIONS

Preheat the oven to 350°F. Mist 9 foil cupcake wrappers with spray and place them in a cupcake pan. Combine the flour, baking soda, salt, and baking powder in a small bowl. Stir with a fork until combined. Set aside.

Combine the banana, sugar, egg white, and yogurt in a large mixing bowl. Use a sturdy whisk or a spatula to mix until thoroughly blended. Add the flour mixture. Stir until no flour is visible. Then spoon the batter evenly among the prepared cupcake wrappers, filling them three-quarters full.

Bake for 22 to 30 minutes, or until a toothpick inserted in the center comes out dry (the toothpick should not be clean; it should be sticky, but not wet).

Cool in the pan on a rack for 10 minutes. Remove the muffins from the pan to the rack and cool completely. Frost each cupcake with 3 tablespoons Devinly Whipped Topping. Refrigerate any leftovers in an airtight container for up to 3 days.

Makes 9 Cupcakes. Each (1 cupcake serving) has: 112 calories, 2 g protein, 25 g carbohydrates, 2 g fat, 1 g saturated fat, trace cholesterol, 1 g fiber

Recipe compliments of Devin Alexander from "You Can Have It!" copyright 2018, American Diabetes Association. www.devinalexander.com for more.



facebook.com/
devinalexander



@ChefDevin



@DevinAlexander

Devinly Whipped Topping

Cook's Note: Note that this recipe could yield as many as 8 cups. With a recipe like this, there are so many factors that play into how aerated the topping becomes. If it yields more than 6 cups for you, then it will have even fewer calories and fewer grams of sugar than listed. I've never seen this recipe yield less than 6 cups, so, to be safe, we based the nutrition information on that yield for anyone who needs to closely monitor their nutritional intake.

Look for xanthan gum in the baking section or the natural foods aisle of major grocery stores or natural foods stores. I know this ingredient sounds scary, but I promise it's not a chemical!

INGREDIENTS

**3 large egg whites (preferably cage free),
at room temperature**

½ teaspoon cream of tartar

¼ teaspoon xanthan gum

¾ cup light agave nectar

Makes 96 Servings

Each (1 TB) serving has: 10 calories, 0 fat, 0 saturated fat, 0 trans fat, 0 cholesterol, 0 sodium, 0 potassium, 2 g carbohydrate, 0 fiber, 2 g sugars, 0 protein, 0 phosphorus

Recipe compliments of Devin Alexander from "You Can Have It!" copyright 2018, American Diabetes Association.
www.devinalexander.com for more.

INSTRUCTIONS

Add the egg whites, cream of tartar, and xanthan gum to the bowl of a stand mixer and mix on medium speed until combined and the egg whites have just started to foam.

Pour the agave into a small saucepan and place it over medium heat. Making sure to watch it very carefully, heat the agave until it comes to a boil (it boils quickly and may burn if unattended even for a few seconds).

Turn the mixer to high and slowly and carefully pour the hot agave into the mixer (stand back, making sure that it does not accidentally splatter on you). Let it continue to whip until the topping is very thick and fluffy, has very stiff peaks, and has turned white.

Enjoy immediately and transfer any leftovers to an airtight plastic container and store in the freezer for up to 2 weeks.



[facebook.com/
devinalexander](https://facebook.com/devinalexander)



[@ChefDevin](https://twitter.com/ChefDevin)



[@DevinAlexander](https://www.instagram.com/DevinAlexander)